



SWEDISH CARDAMOM BUNS

If you're looking to bake an enticing seasonal sweet treat this easter, then look no further than this egg-tremely delicious Swedish Cardamom Bun recipe! Made using Mauri Bread Bun Mix and mouth-watering spices, this recipe makes it easier then ever, to take your Easter baking to a whole new level. We hope you enjoy the recipe!

INGREDIENTS

INGREDIENTS	WEIGHT (KG OR L)
Swedish Cardamom Buns	
Mauri Bun Bread Mix	1.250kg
Mauri Instant Dry Yeast OR	0.018kg
Mauri Compressed Yeast	0.056kg
Water (Variable)	0.625kg
Ground Cardamom	1 tsp
Cardamom Filling	
Unsalted Butter (Softened)	0.080kg
Light Brown Sugar	6 tbsp
Ground Cardamom	2 tsp

PRODUCTS

86002 Bun Bread Mix 12.5kg; 60695 Instant Dry Yeast 10kg (500g pack); 35874 Instant Dry Yeast 10kg (5kg pack); 10897 Compressed Yeast 12kg

Yield: Approximately 30 buns.



METHOD

Mauri Bun Bread Mix

1. Add Mauri Bun Bread Mix, yeast and water to bowl and mix in a spiral mixer for 2 minutes on 1st speed, then 7-9 minutes on 2nd speed or until optimum dough development to achieve a finished dough temperature of 26-28°C.
2. Place the dough covered in a bowl and allow to rest for 20 minutes.
3. Roll the dough out into a long, thin rectangle, approx. 50cm x 20cm and 5mm thickness. Spread the cardamom filling evenly over the top then fold the dough to be three layers thick. To do this, firstly fold one third (short end) over to halfway across the rest of the dough, then fold the other side over the top. The layered piece of dough will be roughly square.
4. Cut the dough into 6 even strips across the length of the piece, leaving them joined on either side and trimming slightly on either end if needed.
5. Then, lightly score each strip in the middle, careful not to cut all the way through.
6. Cut strips downwards to be 3cm in width and 20cm in length.
7. Cut each 3cm strip down the centre, leaving it attached at the top.
8. Take one 3cm piece of dough and twist the two strips together. Then tie the dough in a knot and tuck the ends underneath the bun. Put each on the tray when done.
9. Repeat the process with the other pieces of dough forming knots, spacing them out onto a baking tray.
10. Proof for 40-60 minutes at 85% relative humidity, 38°C.
11. Lightly brush each piece with egg wash and lightly sprinkle with castor sugar.
12. Bake for 10-12 minutes (no steam) until golden brown in colour at 180-190°C.

CARDAMOM FILLING

1. Mix together the butter, sugar and cardamom for the filling until light and spreadable.